



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Vaz, Rudolf

000: 1:23:52

00: 385

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 182 (of 313)

00000/0: 156 (of 231)

000000: 58:01

0000:

00000: 33(of 38)

Senioren 1 (TM 40)

0000000: 1:05:31

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	9:21	3.21	10	2:03	33	2:18	0.50	9:21	3.21	39	0:20	232	
Wechsel S->R	-	2:18	-	15	0:35	75	1:10	0.50	11:39	2.58	39	0:48	232	
Schwimmen 000	0.50	11:39	2.58	39	0:48	232		0.50	11:39	2.58	39	0:48	232	
ZZ Rad	5.75	8:35	40.19	32	1:51	169	2:09	6.25	20:14	18.53	39	1:58	5	1:00
ZZ Rad	4.25	12:15	20.82	33	2:40	179	3:00	10.50	32:29	19.39	39	4:24	227	3:10
ZZ Rad	4.25	12:24	20.56	32	2:54	181	3:05	14.75	44:53	19.72	39	7:00	227	5:33
Rad Ziel	5.75	10:08	34.05	35	2:49	198	5:31	20.50	55:01	22.36	39	9:12	232	7:53
Rad 0	20.00	43:22	27.67	33	10:02	183	25:13	20.50	55:01	22.36	39	9:12	232	7:53
Wechsel R->L	-	0:48	-	9	0:19	41	0:19	20.50	55:49	22.04	39	9:14	229	7:45
Rad 000	20.00	44:10	27.17	33	10:07	179	23:58	20.50	55:49	22.04	39	9:14	229	7:45
ZZ Lauf	2.50	13:36	11.03	35	4:02	179	5:37	23.00	1:09:25	19.88	39	13:15	228	12:30
Lauf Ziel	2.50	14:27	10.38	37	4:44	182	5:54	25.50	1:23:52	18.24	33	18:21	156	25:51
Lauf 000	5.00	28:03	10.70	36	8:46	182	11:24	25.50	1:23:52	18.24	33	18:21	156	25:51